

# American Red Cross Lifeguard Training

**Mandatory Pre-test: Sunday, March 17, 2013 from 2-5pm**, will include a water test, general information and registration. In order to register for training, you must pass all the prerequisites listed below.

**Location:** Pool at Brookhaven National Laboratory

**Prerequisites:**

- Must be 15 years old on or before the final scheduled session of this module.
- Swim 550 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles are allowed.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.
- Complete a timed event within 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.

**FEE: \$400** (includes \$50.00 non-refundable deposit)

**CLASS DATES: Sunday, March 24, April 7, 14, 21, 28, May 5, 12 (Final)**  
**Must attend ALL sessions (no exceptions)**

**CLASS TIME: 10a-3p (unless noted otherwise)**

Successful Candidates receive certifications in the following:

- Lifeguard training
- Waterfront lifeguard training
- CPR/AED
- First aid

All certifications are valid for 2 years with the exception of CPR/AED which is valid for 1 year as per NYS Health Law.

**NOTE:** Candidates who fail to meet qualifications at Mandatory Pre-test will be given one additional chance to qualify at a later date. If candidate still does not qualify, then the \$50.00 is non-refundable.

Call 631-921-6218 to register or email this form to [lifeguardmama@optonline.net](mailto:lifeguardmama@optonline.net)

**Send bottom portion to: Lifeguard Training, P.O. Box 502, Upton, NY 11973**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Make check payable to Heidi Jochen